

Cobourg YMCA Kids Duathlon

Date & Time

Saturday June 23th, 2007
 Check-in 8:00-9:00am
 9:00am first age group begins

Location

Centennial Pool
 Victoria Park, Cobourg

Course

Swim in Centennial Pool
 Run in Victoria Park

Distances & Start Times

Age	Swim	Run	Start
3-5	15m	200m	9:00am
6-7	50m	500m	9:10am
8-9	100m	1km	9:25am
10-11	150m	1.5km	9:40am
12-13	200m	2km	10:00am

Post-Race

Refreshments, awards, and draw prizes beginning at 10:15am.

Rules

Able to swim in deep water.
 (Floatation aids permitted.)
 Cover torso on the run.

Equipment

swimsuit or shorts
 running shoes
 t-shirt for run (boys)
 goggles (optional)
 waterbottle (optional)

Thanks to our sponsor:

The Doctors of the
 Cobourg Health Centre



Photo Credit: Robert Naish

Registration

Name _____

Address _____

Age _____

Gender M / F (Circle)

Phone _____

Will parent(s) volunteer on race day? (Name & Phone)

Does the participant have any medical conditions? (Explain).

Don't forget to sign the waiver on reverse!

Awareness and Assumption of Risk

I am aware that duathlons involve risks including risk of personal injury, death, property damage, expense and related loss, including loss of income. Included in these risks are negligence on the part of the YMCA Northumberland, the Town of Cobourg, and the Cobourg YMCA Kids Duathlon Race Committee, its directors, officers, officials, volunteers, and other participants. I freely accept and fully assume all such risks and the possibility of personal injury, death, property damage, expense and related loss, including loss of income.

Release of Liability, Waiver of Claims & Indemnity Agreement

In consideration of Cobourg YMCA Kids Duathlon Race Committee accepting my application to participate in this activity, I agree: 1. To waive any and all claims that I may have in future against YMCA Northumberland, the Town of Cobourg, Cobourg YMCA Kids Duathlon Race Committee and Others. 2. To release YMCA Northumberland, Town of Cobourg, Cobourg YMCA Kids Duathlon Race Committee and Others from any and all liability for any personal injury, death, property damage, expense and related loss, including loss of income that I or my next of kin may suffer as a result of my participation in this activity, due to any cause whatsoever, including negligence, breach of contract of any statutory duty of care. 3. To hold harmless and indemnify YMCA Northumberland, Town of Cobourg, Cobourg YMCA Kids Duathlon Race Committee and Others from any and all liability for any damage to property of, or personal injury to any third party, resulting from my participation in this activity. That this agreement is binding on not only myself but my next of kin, heir, executors, administrators, and assigns.

I have read this agreement and understand it. I am aware that by signing this document I am waiving certain rights which I or my next of kin, heirs, executors, administrators and assigns may have against YMCA Northumberland, Town of Cobourg, Cobourg YMCA Kids Duathlon Race Committee and Others.

I do not grant the release to YMCA Northumberland the right to use photographs in which my child appears for promotional purposes.

Participant's Signature

Parent/Guardian's Signature

Date

Registration Information

**Register by Thursday June 21st
at YMCA (Elgin St.)**

**\$15 per Child
Subsidized registration
available.**

We build strong kids,
strong families,
strong communities.

Plus de vie à la vie
des jeunes, des familles
et de la communauté.

YMCA Northumberland

KIDS DUATHLON

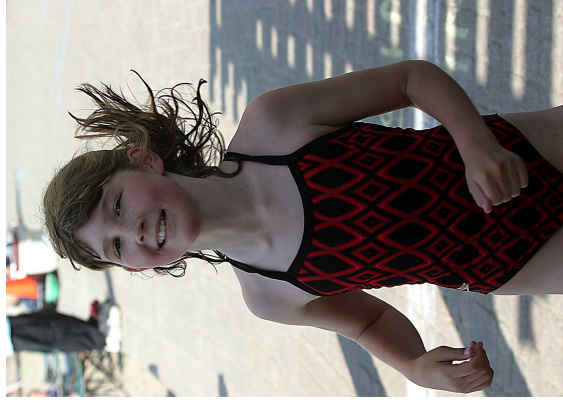


Photo Credit: Robert Naish

**Ages 3 - 13
Short Distances!
Great for First Timers!**

**Saturday, June 23rd, 2007
Centennial Pool - Victoria Park
Cobourg, Ontario**

Additional Information

YMCA 905-372-0161 or

**Race Director
jessfraser@hotmail.com**

What is a Duathlon?

A duathlon is made up of two components of a triathlon. The Cobourg YMCA Kids Duathlon is made up of the swim and run components.

The sport of triathlon is less than 40 years old, but is becoming increasingly popular around the world. Many people remember when Canada's Simon Whitfield came from behind to win the first Olympic gold medal in the sport of triathlon, in the Sydney Olympics in September 2000.

Simon was introduced to triathlon in a small community "Kids of Steel" triathlon, much like the Cobourg YMCA Kids Duathlon. Kids' triathlons and duathlons are much shorter than adult races, with distances changing as participants mature. The focus of kids' races is fun, fitness, and participation.

This year, YMCA Northumberland will be facilitating the Cobourg YMCA Kids Duathlon in June, as well as three one-week triathlon-specialty camps in July and August. Also in August, Multisport Canada will be hosting a Kids of Steel Triathlon in Cobourg (see www.multisportcanada.com for more details).